

Determinants of Adolescent Psychological Well-being: A Literature Review

Aulia Rizky Ramadhani

Universitas Negeri Semarang, Indonesia

*Corresponding Author: auliarizkyramadhani11@students.unnes.ac.id

Abstract. Adolescence is a period of development that is full of challenges, both emotionally, socially, and psychologically. During this period, various significant changes occur that influence the psychological and social development of adolescents. Psychological well-being is one of the important aspects that needs to be developed so that adolescents are able to face various developmental challenges. This study aims to identify and analyze various factors influencing adolescents' psychological well-being. The study employs a literature review method, examining relevant scientific journals from the years 2022 to 2025. The literature review found that the factors determining psychological well-being are categorized into intrapersonal and interpersonal factors. Intrapersonal factors include aspects originating from the adolescents themselves, such as emotional intelligence, religiosity, mindfulness, self-efficacy, and achievement motivation. Meanwhile, external factors are those originating from outside the adolescent, such as social support and parental attachment. These findings are expected to provide important implications for schools, particularly guidance and counseling teachers, in the development and implementation of guidance and counseling interventions that consider the factors influencing adolescents' psychological well-being.

Key words: psychological well-being, adolescents intrapersonal factors, interpersonal factors

INTRODUCTION

Adolescence is one of the critical periods in an individual's life cycle, marked by various changes, both physical, emotional, social, and cognitive. Steinberg (2015) explains that during the transition from childhood to adulthood, developmental tasks such as identity formation, social role changes, achieving parental autonomy, and the need to belong to and be accepted by peer groups emerge. Santrock (2016) also states that adolescence is a period of self-identity exploration, trying to understand themselves and the direction of their lives, which is often marked by various changes, leading to confusion and emotional stress for individuals. This indicates that developmental tasks in adolescence can serve as opportunities for growth or as challenges that, if not managed properly, can trigger emotional stress with negative impacts on adolescent development. Therefore, during the adolescent phase, psychological well-being can serve as a foundation for addressing various emerging challenges.

Psychological well-being is a state in which individuals have life satisfaction in the form of being able to accept their weaknesses and strengths as they are, having life goals, developing positive relationships with others, becoming independent individuals, and being able to control their environment (Ryff, 1996). Psychological well-being has benefits for adolescents that encompass various aspects of life, such as mental health, academic performance, social relationships, and their readiness for the future (Asih et al. 2024). Psychological well-being helps adolescents accept themselves and increases their motivation to do good by adapting to their environment (Dalimunthe et al. 2023). Psychological well-being can also encourage a desire to continue developing, be open to new experiences, and reflect on one's attitude based on experiences (Deviana, 2023). Additionally, Asih et al. (2024) mention that good psychological well-being can foster positive relationships with family and peers, and positive relationships can create and maintain social support that is important for adolescents' emotional stability. Having psychological well-being enables adolescents to better cope with developmental challenges, optimize their potential, and maintain mental and emotional balance.

However, empirical data indicates that the level of adolescents in Indonesia is still below optimal. Research by Suherlin et al. (2024) to assess the level of well-being among 10th-grade students at a public high school in Tasikmalaya found that the results were generally in the moderate category, with a small portion in the low category. Meanwhile, research conducted by Widyawati (2022) to examine psychological well-being among 287 adolescents in Indonesia revealed that the average subjects had psychological well-being classified as moderate. This condition is a cause for concern because low psychological well-being, as viewed from the dimension of low self-acceptance, leads to dissatisfaction with oneself and disappointment with the past due to a lack of appreciation for what one has (Ryff & Keyes, 1995). Low psychological well-being is also associated with academic performance, social

functioning, difficulties in building healthy social relationships, and increased vulnerability to emotional stress such as anxiety (Purwaningsih & Budiarto, 2023).

According to Ryff (2013), psychological well-being is influenced by several factors such as development and age, personality, family experiences, social involvement, and clinical and psychotherapeutic interventions. These findings open up further exploration of the factors influencing adolescents' psychological well-being in order to design effective interventions and consider factors that may contribute to adolescents' psychological well-being.

Based on this background, this article aims to identify and analyze the factors influencing adolescents' psychological well-being. This study is expected to provide practical contributions as a foundation for designing counseling programs to improve adolescent psychological well-being. Theoretically, it can enrich the literature on factors that play a role in adolescent psychological well-being.

METHODS

This study uses a literature review to identify factors that influence the psychological well-being of adolescents. The literature review was conducted by examining various previous research studies published between 2022 and 2025. The literature search was conducted using online databases with the search keywords “psychological well-being” and/or “psychological well-being” in English, combined with “AND” and other search terms such as “adolescents,” “students,” “high school,” and “factors.” The selected literature consists of publications relevant to the research topic and specifically discusses psychological well-being in adolescents..

RESULTS AND DISCUSSION

No.	Title/Author/Year	Research Objectives	Research Type	Population & Sample	Results
1	Pengaruh Kecerdasan Emosi dan Religiusitas Terhadap Kesejahteraan Psikologis pada Remaja di SMA Negeri 12 Semarang Tansis Tyan Pratiwi & Mulawarman 2022	a. To determine the level of psychological well-being, emotional intelligence, and religiosity among adolescents at SMA Negeri 12 Semarang. b. To analyze the effects of emotional intelligence and religiosity on psychological well-being in the target population.	Correlational	Correlation of 279 students as a sample at SMA 12 from a total population of 1,296 students	a. Emotional intelligence and religiosity significantly influence psychological well-being. b. The magnitude of the influence is 53.5%.

2.	Peran dukungan sosial dan motivasi berprestasi terhadap kesejahteraan psikologis pada siswa Sekolah Menengah Atas (SMA) di Bali Ni Made Adi Gayatri, Luh Made Karisma Sukmayanti Suarya 2023	a. To investigate the role of social support and achievement motivation in relation to psychological well-being of high school students in Bali. b. To understand how these factors contribute to enhancing psychological well-being, given the low well-being levels observed in some incidents among high school students in Bali.	Correlational	254 high school students in Bali Province	a. Social support and achievement motivation have a positive impact on psychological well-being. b. Most subjects have a high level of psychological well-being. c. Social support and motivation significantly improve psychological well-being.
3..	Peran kelekatan dengan orangtua dan kecerdasan emosional terhadap kesejahteraan psikologis siswa SMA Ni Made Aristi Dwi Yundari dan Firmanto Adi Nurcahyo 2023	a. To investigate the role of parental attachment and emotional intelligence in relation to the psychological well-being of high school students. b. To enhance understanding of how these two factors contribute to adolescents' mental health, which is crucial for optimal functioning.	Correlational	65 students in grades 10 to 12 at a public high school in Denpasar	a. Attachment to parents and intelligence predict psychological well-being. b. Their combined contribution to well-being is 33.2%.

4.	Mindfulness and psychological well-being in adolescents: the mediating role of self-compassion, emotional dysregulation and cognitive flexibility Majid Yousefi Afrashteh, and Fereshteh Hasani 2022	a. To analyze the relationship between mindfulness and psychological well-being in adolescents, considering the mediating roles of self-compassion, emotional dysregulation, and cognitive flexibility. b. To determine how mindfulness affects psychological well-being through these mediating variables.	Cross-sectional	The adolescent population numbered 14,000. The sample of adolescents aged 12-18 years in Janzan, Iran, consisted of 375 individuals with the following criteria no serious medical or mental illness, no use of psychiatric drugs, and no experience of grief in the past 6 months	a. Mindfulness has a direct and positive relationship with psychological well-being b. Mindfulness indirectly, through self-compassion and cognitive flexibility, has a positive and significant relationship with psychological well-being c. Mindfulness has an indirect, negative, and significant relationship with psychological well-being through emotional dysregulation
5	Peran Efikasi Diri Dan Harga Diri Terhadap Kesejahteraan Psikologis Siswa Kelas XII Di SMA Negeri 1 Tabanan Putu Tasya Pradnya Adi Prastita & Luh Kadek Pande Ary Susilawati 2024	To determine how self-efficacy and self-esteem play a role in the psychological well-being of Grade XII students at SMA Negeri 1 Tabanan.	Correlational	The subjects were 132 12th grade students at SMA Negeri 1 Tabanan	a. Self-efficacy and self-esteem simultaneously play a role in improving psychological well-being in 12th grade students at SMA Negeri 1 Tabanan. b. There is a positive relationship between self-efficacy and psychological

					well-being c. There is no relationship between self- esteem and psychological well-being in students
--	--	--	--	--	---

Research by Pratiwi and Mulawarman (2022) shows that emotional intelligence and religiosity are factors that influence psychological well-being in adolescents. This indicates that adolescents who are able to recognize, understand, and manage their emotions tend to have better psychological well-being. A similar finding was reported by Kartol et al. (2024), who showed that emotional intelligence positively contributes to psychological well-being, including an individual's ability to cope with emotional challenges and maintain psychological balance. Individuals with high emotional intelligence are more capable of managing stress, maintaining healthy social relationships, and making wise decisions, especially in high-pressure situations. Additionally, religiosity provides a strong moral and emotional foundation, which can serve as mental support in coping with stress. Individuals who are more religious tend to feel more psychologically well-being compared to those who are less religious. Therefore, the combination of emotional intelligence and spiritual belief enables the creation of coping mechanisms that help adolescents maintain mental stability.

Previous findings are in line with Yundari and Nurcahyo's (2023) research on the role of attachment to parents and emotional intelligence on the psychological well-being of high school students. The results of this study emphasize that attachment to parents provides a strong emotional foundation for adolescents, while emotional intelligence enables them to cope with emotions better. Positive relationships with parents provide the sense of security adolescents need to develop emotionally. High emotional intelligence can help individuals maintain their attachment to parents and form healthier social relationships. The combination of parental support and emotional skills highlights the importance of family factors and emotional skills in supporting adolescents' psychological well-being.

Another internal factor that influences well-being, as explained by Afrashteh and Hasani (2022), is mindfulness, which positively contributes to adolescents' psychological well-being. The study found that mindfulness helps adolescents develop self-compassion, cognitive flexibility, and emotional control, all of which significantly influence well-being. This indicates that mindfulness techniques can be an effective tool in supporting mental health, particularly by fostering a positive attitude toward oneself and improving emotional regulation, enabling adolescents to better cope with stress or challenges, thereby reducing stress.

Additionally, Prastita & Susilawati (2024) found that self-efficacy influences adolescents' psychological well-being. Self-efficacy requires individuals to complete tasks without relying on others, which is related to the aspect of autonomy in adolescents. Other factors influencing adolescents' psychological well-being include achievement motivation and social support. Gayatri and Suaranya (2023) highlight the importance of social support and achievement motivation as contributing factors to psychological well-being. These findings suggest that adolescents who receive support from their social environment and have high motivation to achieve tend to have better levels of well-being. Social support provides emotional encouragement, while achievement motivation forms positive goals and focus, both of which are crucial in building mental stability in adolescents. Social support is related to positive relationships with others and environmental mastery. Meanwhile, achievement motivation is also related to environmental mastery and additionally to personal development.

The literature review indicates that adolescents' psychological well-being can be influenced by both interpersonal and intrapersonal factors. Each of these factors has different mechanisms. Emotional intelligence and mindfulness play a role in emotion regulation, self-efficacy and self-motivation shape a sense of competence and desire toward life goals, self-esteem and religiosity provide a foundation for self-acceptance, and parental attachment and social support help build trust and social relationships.

CONCLUSION

Based on a literature review of various studies conducted between 2022 and 2025, it can be concluded that the psychological well-being of high school students is influenced by a combination of intrapersonal and interpersonal factors. Intrapersonal factors include emotional intelligence, mindfulness, self-efficacy, self-esteem, religiosity, and achievement motivation, which play a role in emotion management, strengthening a sense of competence, self-acceptance, and setting life goals. Meanwhile, interpersonal factors include attachment to parents and social support, which form the foundation of emotional security, a sense of safety, and moral support for adolescents.

REFERENCES

- Asih, D. W. T., Wahyuni, S., Hofifah, N., Agustinu, M. A., Romadhon, J., Tasya, D. K., & Khusumadewi, A. (2024). Dinamika Kesejahteraan Psikologis Remaja di Jawa Timur. *Edu Consilium: Jurnal Bimbingan dan Konseling Pendidikan Islam*, 5(2), 61-71.
- Dalimunthe, H. A., Khairuddin, K., Lubis, D. M. G. S., & Faadhil, F. (2023). Psikoedukasi Pentingnya Psychological Well Being Pada Siswa SMA XX Kota Medan. *Gotong Royong: Jurnal Pengabdian, Pemberdayaan Dan Penyuluhan Kepada Masyarakat*, 2(2), 47-51.
- Deviana, M., Umari, T., & Khadijah, K. (2023). Kesejahteraan psikologis (psychological well-being) remaja. *Jurnal Pendidikan dan Konseling (JPDK)*, 5(1), 3463-3468.
- Gayatri, N. M. A., & Sukmayanti Suarya, L. M. K. (2023). Peran dukungan sosial dan motivasi berprestasi terhadap kesejahteraan psikologis pada siswa Sekolah Menengah Atas (SMA) di Bali. *Jurnal Psikologi Udayana*, 10(2), 374-384.
- Kartol, A., Üztemur, S., Griffiths, M. D., & Şahin, D. (2024). Exploring the interplay of emotional intelligence, psychological resilience, perceived stress, and life satisfaction: A cross-sectional study in the Turkish context. *BMC Psychology*, 12(1), 1-11.
- Prastita, P. T. P. A., & Susilawati, L. K. P. A. (2024). Peran Efikasi Diri Dan Harga Diri Terhadap Kesejahteraan Psikologis Siswa Kelas XII Di SMA Negeri 1 Tabanan. *Jurnal Ilmiah Wahana Pendidikan*, 10(23), 580-591.
- Pratiwi, T. T., & Mulawarman. (2022). Pengaruh kecerdasan emosi dan religiusitas terhadap kesejahteraan psikologis pada remaja di SMA Negeri 12 Semarang. *Jurnal Al-Taujih: Bingkai Bimbingan Dan Konseling Islami*, 8(1), 15-24.
- Purwaningsih, I. E., Sugiarto, R., & Budiarto, S. (2023). Kesejahteraan psikologis dalam hubungannya dengan kecemasan dan dukungan sosial. *Jurnal Ilmiah Ilmu Sosial dan Humaniora*, 12(3), 45-60.
- Ryff, C. D. (2013). Psychological well-being revisited: Advances in the science and practice of eudaimonia. *Psychotherapy and psychosomatics*, 83(1), 10-28.
- Ryff, C. D., & Keyes, C. L. M. (1995). The structure of psychological well-being revisited. *Journal of Personality and Social Psychology*, 69(4), 719-727.
- Ryff, C. D., & Singer, B. (1996). Psychological well-being: Meaning, measurement, and implications for psychotherapy research. *Psychotherapy and Psychosomatics*, 65(1), 14-23.
- Santrock, J. W. (2016). *Adolescence* (16th ed.). McGraw-Hill Education.
- Steinberg, L. (2015). *Perkembangan Remaja*. Februari 2001. <https://doi.org/10.1146/annurev.psych.52.1.83>
- Suherlin, G. H., Supriatna, M., & Suherman. (2024). Gambaran Kesejahteraan Psikologis Siswa Sekolah Menengah Atas (SMA). *G-Couns: Jurnal Bimbingan dan Konseling*, 8(2), 1168-1174.
- Widyawati, S., Asih, M. K., & Utami, R. R. (2022). Studi Deskriptif: Kesejahteraan Psikologis pada Remaja. *Psibernetika*, 15(1).
- Yundari, N. M. A. D., & Nurcahyo, F. A. (2023). Peran kelekatan dengan orangtua dan kecerdasan emosional terhadap kesejahteraan psikologis siswa SMA. *Jurnal Psikologi Udayana*, 10(01), 307-317.
- Yousefi Afrashteh, M., & Hasani, F. (2022). Mindfulness and psychological well-being in adolescents: the mediating role of self-compassion, emotional dysregulation and cognitive flexibility. *Borderline personality disorder and emotion dysregulation*, 9(1), 22.